



# Des Moines/ Normandy Park Senior Activity Center

**Spring 2018**



*Live Life in Full Bloom*



# Welcome to Des Moines Activity Center

## Des Moines Activity Center Staff



**Patrice Thorell**, Parks, Rec & Senior Services Director  
**Sue Padden**, Senior Services Manager  
**Charisse Gregory**, Office Manager  
**Natalie Lavoie**, Recreation Specialist  
**Karna Coyle**, CCS Nutrition Coordinator -M-W  
**Aida Martinez**, CCS Nutrition Latino Coordinator-TH  
**Eduardo de La Cruz**, Sea Mar Program- TH

### 2018 Des Moines City Council

Matt Pina., Mayor  
 Luisa Bangs Rob Back  
 Matt Mahoney Jeremy Nutting  
 Traci Buxton Vic Pennington, Deputy Mayor  
**City Manager:** Michael Matthias

### 2018 Normandy Park City Council

Shawn McEvoy  
 Susan West Sue-Ann Hohimer  
 Patrice McDonald Mike Bishoff  
 Jonathon Chicquette, Mayor Michelle Sipes-Marvin  
**City Manager:** Mark Hoppen

### 2018 Senior Services Advisory Committee

2 Openings available  
 Sheila Dahlgren Jill Martin  
 John McEvoy Dorothy Smith  
 Call Sue Padden, 206-878-1642, for information on the committee and when it meets.

**Photo Reminder:** Photographs are frequently taken during our programs and events and used for the City of Des Moines use in marketing and may be used in newsletters, brochures, flyers or online public relations.



## Des Moines Activity Center

**Business Hours:** Monday-Friday 9am-4pm  
**Street:** 2045 S 216th, Des Moines **Front Office:** 206.878.1642  
**Mail Address:** PO Box 98576 **www.desmoineswa.gov/seniors**  
 Des Moines, WA 98198  
**Bus Routes:** 156 & RapidRide A Line  
**Facility Rentals:** Events & Facilities Coordinator: 206-870-9370

### Holiday Closures

Monday, May 28

Memorial Day



When inclement weather occurs during school holidays, evenings or weekends, call 206-878-1642 (Senior Programs) for information.

Inclement Weather: Refer to the Highline School District Info.

School Closed: All programs are cancelled.

School Open/1-hour Late Arrival:

Senior programs prior to 10am are cancelled.

Senior programs held after 10am - call 206-878-1642 for updates.

School Open/2-hour Late Arrival:

All programs held prior to 11am are cancelled.

Senior programs held after 11am - call 206-878-1642 for updates.



### Registration Policies:

Pre-registration is required for all programs unless otherwise stated.

Registration is taken on a first paid basis.

Returned check fee: \$40 (plus 50% surcharge if collection action needed).

### Refund Policy:

When DMPR/SS cancels a program a full refund or credit will be issued.

Refunds, less a \$20 administrative fee, will be granted when requested a minimum of **5 business days** prior to the program/course's start date.

The administrative fee will be waived if you opt for a credit to be used for another course/program.

No refunds will be issued for the following:

- Programs costing \$20 or less, Special Events,
- Programs with admission fees purchased in advance.

Medical illness or other extenuating circumstances will be handled on a case-by-case basis. Documentation of the circumstance may be required.



**Disclaimer:** This newsletter is for informational purposes only. The City of Des Moines does not endorse any products, programs or services that are presented. Each is responsible for making informed decisions regarding these services, programs or products.

Des Moines Activity Center is funded and provides services through the cooperation of the cities of Des Moines and Normandy Park, partnerships with Catholic Community Services, Sea Mar Community Health Services, Sound Generations, and through the generous contributions from our many participants. Thanks!



**Dance for Parkinson's-**

(For adults with movement issues)

Dance for Parkinson's is designed for you! Stretch and strengthen your muscles, focus on balance and rhythm through many styles of dance and discover how to use your thought, imagination, eyes, ears and touch to control movement in a welcoming environment accompanied by live music. Caregivers and friends are invited to join in! No dance experience necessary. Funding support from Des Moines Legacy Foundation. BEGINNING THIS QUARTER- Register in advance by calling Shawn Roberts, Seattle Theatre Group, 206-518-5232 or in person the first class at Des Moines Activity Center where the class is held. **\$5 Suggested Donation**

Mon 3/26-5/14 2-3:30pm DMAC

**Chair Yoga (Movement Class)**

Experience relaxation, improve flexibility, and reduce health concerns. Gentle stretching takes place in a chair to give you the support you need while going through the movements. Start your day off right by participating in a full body stretch with Carolyn Rosenfield. **NEW LOCATION: NP City Hall Rec Cntr**

Thurs 4/12-5/17 11am-12pm \$40



Adults 65+ on Medicare with certain supplemental insurances associated with American Specialty Health will receive free fitness class enrollment for Des Moines Recreation and Senior Services Yoga, Tai Chi, and Enhance Fitness! Please check with your insurance to see if you are eligible and let's get you enrolled!

For more information please contact Des Moines Activity Center, 206-878-1642

**Enhance Fitness (Silver & Fit / Kaiser eligible)**

Improve physical conditioning levels and decrease the risk of falling with stretching, low-impact aerobics, strength training and balance exercises. Gym-type shoes are required and a water bottle always recommended. Cosponsors: Kaiser Permanente and Sound Generation. Instructor: Yu San Gartz

Tues/Thur/Friday Field House

Drop-in fee \$5

April 3-27 8-9am and 9:20-10:20am \$48

May 1-31 8-9am and 9:20-10:20am \$56

**Tai Chi (Silver & Fit eligible)**

This class is broken down into Introductory and Continuation levels. The Introductory level will introduce students to the basic movements of Tai Chi. The Continuation level gives students, with previous tai chi experience, greater opportunity to explore and practice movements of the 24 pattern sequence. Both level emphasis is on the no-impact, relaxed, flowing movements which aid in balance, increased strength and vitality. Wear comfortable, loose clothing.

Instructor: John Lindsay.

Mon/Wed 4/16-5/16

Introductory: 11am-12pm NP City Hall Rec Cntr \$60

Continuation: 5:30-6:30pm DMAC \$60

**Zumba Gold (Silver & Fit eligible)**

Zumba-Gold is accessible for seniors, beginners or others needing modifications in their exercise routine. As we age, exercise continues to be of critical importance to weight management, heart health, balance and injury prevention. Zumba Gold is a dance workout infused with a medley of dance styles, including merengue, cha-cha, cumbia, belly dance, rumba, tango and salsa. Zumba Gold falls under the category of endurance training, which keeps the heart healthy and the circulatory system strong. Wear loose fitting, comfortable clothing that allows your body to experience a wide range of movement. Wear athletic shoes to support your ankles and knees to efficiently and safely move through your workout. Chairs available for seated modifications of the dances. Instructor: Deborah Birrane

Thurs 4/5-5/24 3:30-4:20pm DMAC \$55

**Yoga for Your Back, Move with Ease (Silver & Fit eligible)**

Who's got your back? You do! Radiant Health Yoga, a Hatha based yoga practice, will allow you to explore more deeply and gently what your body and mind seek...less pain! Yoga helps increase strength in very specific muscles and muscle groups. Back and abdominal muscles are essential components of the muscular network of the spine, helping the body maintain proper upright posture and movement. When these muscles are conditioned, back pain can be greatly reduced or avoided. Breathing is another important component to your yoga practice. The quality of the breath in many ways determines the quality of your yoga practice. Breath sets the stage for a relaxed body, encourages strong circulation, and eases tension ~ thus minimizing pain and disease. Wear comfortable clothing. Please bring a mat and a blanket. Instructor: Deborah Birrane

Thurs 4/5-5/24 4:30-5:30pm DMAC \$55



### WHY CLASSES/ PRESENTATIONS GET CANCELLED

Nothing hurts a great program faster than waiting until the last minute to register.

**PLEASE REGISTER WELL  
IN ADVANCE, EVEN IF FREE!**

We make cancellation decisions a week before class is scheduled.



### Watercolor: The Fun and Easy Way

Whether you have never tried watercolors before, or are an experienced watercolorist, this class takes the mystery out of this often elusive medium. Learn to get the colors and values you desire by choosing the correct pigments, and the right ratio of water to paint. We will paint live seasonal subjects and landscapes from photos. Experienced painters can confidently branch off from this and add their own creative flourishes. Beginners and advanced painters will create their own unique watercolors - with no mud!

Mondays Apr 2-30 1-3:30pm \$55

### Seniors Making Art- Comic Book Memoir

Let's tell the stories of our lives through drawing and writing comics! Following a brief history of comic book memoir through graphic novels and comics, students will engage in memory, drawing and writing activities to identify the best of their personal stories. Students will learn the basics of comics-making, such as character development, facial expression, body language, page layout and story pacing. We're not talking superheroes here, but instead, stories that address real life, meaningful situations. No drawing or writing experience required, just an open mind and a willingness to share your stories. . All supplies provided. Course donated by the Des Moines Legacy Foundation. Instructor: Kelly Froh

Thurs Apr 26- Jun 14 1-3pm FREE

### Sunday Walks!

Gary McNeil with Des Moines Legacy Foundation is hosting local walks on a Sunday each month. The location and routes of the walks are subject to change. Updated information can be obtained from [dmlegacy.org](http://dmlegacy.org) or on Meetup.com by searching for Des Moines Waterland Walking Group. *Sunday 11:00am*  
April 15 Redondo Pier Near Salty's  
May 20 Des Moines Marina

### ORCA Reduced Fare Permit

Get your SENIOR reduced price ORCA card here.....not available at the local vendors. Adult, youth, senior and disabled regional reduced fare permits, E- purse value or a monthly pass.

Age 50+


Wed Apr 18 10am-12noon DMAC

### AARP Smart Drivers Course

Discover how to be more aware in today's traffic. Reinforce your good habits and iron out the bad habits that have crept into your driving pattern. Upon completion of the course your certificate will get you a discount on your auto insurance as required by state law. Lunch break provides an opportunity to take advantage of the Nutrition Lunch Program. Payment collected on first day of class in either check or money order form.

Adults Age 50+ \$15AARP Member/\$20AARP Non-member

Tue/Wed Apr 17 & 18 10am-2:30pm DMAC



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<http://desmoinespharmacy.com>

Presentations are FREE unless otherwise noted & held at Des Moines Activity Center. *Register in advance online or by calling 206-878-1642.*

## Essentials for Successful Spring Gardening!

Let's get ready for spring with a checklist of tips for starting a successful garden! Join Bridget Kubes with the On-the-Grow Garden Truck and learn about the best seeds to buy, how to prepare rich, nutrient-dense soil, and take home a list of tips to make gardening easy and fun! Whether you grow in patio pots or have a full backyard garden, this class will have tips for everyone.

Thu Mar 22 11am

## How to Navigate Your Senior Agency Choices

There are so many choices for support and services as we age, how do you choose? What criteria should you consider? Join Kelly Hammond, with A Place for Mom, for a presentation on senior care options and what each service can provide. She will cover home care, home health, adult family homes, independent living, assisted living, skilled nursing, memory care and hospice. Your questions welcome!

Tue Apr 10 11am

## Retirement; Now What?

We all want to make the very most of our retirement years, but what is the roadmap for this? Recently retired from a twenty-year career at Microsoft, George A. Santino has been living the dream; at least his dream of retirement. From writing songs, recording music, performing live, writing a book, speaking publicly, and even visiting 22 countries George has stayed very busy since his retirement. He'd even tell you that he doesn't know how he ever had time to go to work. Using the same techniques he used to build a long and successful career at Microsoft, George A. Santino is building a successful retirement that he hopes will be long as well. Sponsored by the Des Moines Legacy Foundation.

Tue Apr 17 7pm

## Volunteer Vacations that Make a Difference

Hear a volunteer Rotarian's first hand perspective on his international volunteer projects that are beneficial to communities throughout the world. Speaker Steve Swank will discuss on-going projects in Bolivia, Nepal and Nicaragua. Projects include building eco-latrines, clean water projects, assistance in building medical facilities and health care programs. Your retirement years can really make a difference around the world!

Tue Apr 24 7pm

## Do You Have Swallowing Issues

Lori Webb, with Highline Physical Therapy, will be discussing Dysphagia (swallowing disorders), signs/symptoms, and treatment options.

Do you or a loved one have difficulty swallowing? Please join us in discussing signs and symptoms of swallowing problems, common causes, and ways to improve swallow function.

Mon Apr 30 10:30am

## Aging Wisdom- Spring Topics

Volunteer social worker, Gerry Stone, MSW, continues her informative and helpful Aging Wisdom presentations. Must register in advance.

## You Think You Know Medicare?

You may think you do, but Gerry has over forty years of the ins and outs of Medicare, what it covers, what it doesn't cover and what you really need to know.

Wed May 2 1pm

## Now, Medicaid

Now that you have a better understanding of Medicare it may be helpful for you to know the difference between Medicare and Medicaid.....and yes, there are many!

Wed May 9 1pm

## Stories that Feed Us

Join Bridget Kubes and the On-the-Grow Garden Truck as we explore and taste what's growing on the truck, and share stories about the joy of food, family and culture. What is your favorite memory of preparing food with a relative? Do you have a favorite dish that connects you to home, your culture, or your family? Did your grandparents grow their own food or have special plant remedies for illness? Whether we have stories around growing, cooking, eating, healing or celebrating, every memory roots us to the importance food plays in our lives, family, community and culture!

Mon May 7 11am

## Who's the Boss - The Dog or You?

Have you become frustrated with your dog's behavior, like being fussy when you try to groom him, or not coming when called? Do you wonder why your dog tries to nip at you, or why he barks at other dogs? And why do our dogs try to eat or roll in something we find disgusting? Master Animal Control Officer Jan Magnuson, who has also raised, trained, and shown dogs for over 40 years, can help you understand when your dog is just "acting like a dog", and when we need to step up and be the (kind, calm, confident) "pack leader"! Class is one hour and includes a handout and a live-dog demonstration!

Tue May 16 11am

## Speaking of Dying: Living Deeply, Dying Well Film & Discussion- Back by popular demand

View a short film dedicated to the idea that we can all have a better death and learn what's important about supporting a loved one who is dying. This film inspires and encourages you to talk to your friends and family about your own choices for medical treatment if you can no longer speak for yourself. It helps break the taboo in our culture -of not talking about death, even though none of us get out of life alive. Afterwards there will be time to share your thoughts, and get some of your questions answered. Instructor: Jennifer Kropack, Heartwork Circles, Certified Facilitator. The four week workshop for this program will be held in June.

Adult 50 and up

Sponsored by DMLF

Tue May 22 1 pm





## WE LOVE OUR VOLUNTEERS



# April 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 Dance for Parkinson's Watercolor	3 Enhance Fitness	4 Trip-Hibulb Cultural Center & Natural History Preserve Tour	5 Enhance Fitness Zumba Gold Yoga for Your Back	6 Enhance Fitness Hort-West Seattle Nursery	7
8	9 Dance for Parkinson's Watercolor	10 Enhance Fitness How to Navigate Your Senior Agency Choices	11 Trip-Boehms Candies & Chocolates Tour	12 Enhance Fitness Chair Yoga Zumba Gold Yoga for Your Back	13 Enhance Fitness OTL-The Harp Bar & Rest.	14
15 Sunday Walk	16 Tai Chi Dance for Parkinson's Watercolor	17 Enhance Fitness AARP Retirement; Now What?	18 Trip-Lakewold Gardens Coffee and Chat Tour Tai Chi AARP ORCA Permits	19 Enhance Fitness Chair Yoga Zumba Gold Yoga for Your Back	20 Enhance Fitness Hort-Flower World	21
22 Sunday Dance	23 Tai Chi Dance for Parkinson's Watercolor Golf-Allenmore	24 Enhance Fitness Volunteer Vacations that Make a Difference	25 Tai Chi	26 Enhance Fitness Chair Yoga Seniors Making Art Zumba Gold Yoga for Your Back	27 Enhance Fitness	28
29 Trip- Shadow Theatre Fireflies, Pantages Theater	30 Tai Chi Dance for Parkinson's Watercolor Do You Have Swallowing Issues					

## Des Moines Waterfront Farmers Market



### SATURDAYS

June 2 - Sept. 29  
10 a.m. - 2 p.m.

Located in the Des Moines Marina

Follow us on Facebook for the  
latest news and announcements

[www.dmfm.org](http://www.dmfm.org)



## Community. Choice. Continuing Care.

# WESLEY

DES MOINES

816 S. 216th St., Des Moines, WA 98198  
[DesMoines.WesleyChoice.org](http://DesMoines.WesleyChoice.org)  
(206) 824-5000

Wesley is a not-for-profit organization offering a full  
spectrum of lifestyle options for aging well, including  
residential communities, in-home health  
and care services in King and Pierce counties.





# May 2018

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Spring Walk Enhance Fitness	2 Trip-Nisqually Red Wind Casino Tai Chi You Think You Know Medicare?	3 Enhance Fitness Chair Yoga Seniors Making Art Zumba Gold Yoga for Your Back	4 Enhance Fitness Hort- Woodbrook Native Nursery	5
6	7 Tai Chi Dance for Parkinson's Golf-High Cedars Stories that Feed Us	8 Enhance Fitness	9 Trip-NW Trek Tram Tour Tai Chi Now, Medicaid	10 Enhance Fitness Chair Yoga Seniors Making Art Zumba Gold Yoga for Your Back	11 Enhance Fitness OTL-Pecos Pit Bar-B-Que	12
3	14 Mother's Day Lunch Tai Chi Dance for Parkinson's	15 Enhance Fitness	16 Trip-Little Bit Therapeutic Riding Center Tour Tai Chi Who's the Boss- The Dog or You?	17 Enhance Fitness Chair Yoga Seniors Making Art Zumba Gold Yoga for Your Back	18 Enhance Fitness Hort-Clematis Garden	19
20 Sunday Walk	21 Golf-Capital City	22 Enhance Fitness Speaking of Dying	23 Trip-Bloedel Reserve Tour	24 Enhance Fitness Seniors Making Art Zumba Gold Yoga for Your Back	25 Enhance Fitness	26
27 Sunday Dance	28 Memorial Day <b>CLOSED</b>	29 Memorial Day Lunch Enhance Fitness Taking donations for Spring Sale	30 Trip-A Day in Fairhaven	31 Enhance Fitness Seniors Making Art		



Thanks for a fun, **SOLD OUT** Rainbow Bingo Night! All proceeds help to support the seniors and the playground challenge.

**We'll See You Next Year!!!**

## GERRY STONE, Social Worker

A wonderful "gift" to our center, staff would like you to meet volunteer Ms. Gerry Stone. Recently retired from the field of medical social work, with many years' experience in senior education, leading workshops, individual support and guidance to community resources, Gerry is at the center on Wednesdays, from 10am-2pm. Set up an appointment at 206-878-1642 or stop by and say hello. Her focus while at the center is on one counseling, grief support, resources and information, leading workshops (Medical Power of Attorney, Health Care Directives) and helping with health insurance, caregiver and depression issues.



## Secure Medicine Return Program

Bring leftover, expired, and unwanted medicines to participating pharmacies and law enforcement offices for safe disposal.

### NEW DROP-OFF LOCATIONS:

- Normandy Park Access Pharmacy
- Des Moines Drug
- HealthPoint on Hwy 99





**Volunteer Trip  
Drivers Wanted!**



### Hibulb Cultural Center & Natural History Preserve Tour, Tulalip

Experience the journey of the Tulalip people. Learn about traditional territories, the importance of the cedar trees, seven value stories, and seasonal lifeways. Featured in the Canoe Hall are historic canoes and archaeology from various sites throughout Snohomish County. Lunch on you at Village Taphouse & Grill.

Wed Apr 4 8:30am to 3pm \$20

### Boehms Candies & Chocolates Tour, Issaquah

See the art of handmade chocolate making, founder's authentic chalet, and the High Alpine Chapel. Fair amount of walking involved during the 45 minute guided tour. Stairs to the chalet and gravel walkways may pose difficulty to persons with walkers. Lunch on you at Levitate Gastropub.

Wed Apr 11 9:30am to 3pm \$17

### Lakewold Gardens Coffee and Chat Tour, Lakewood

A fun 45 minute interpretive presentation in the Wagner House. Time is allowed for 'on your own' enjoyment of the Formal Garden areas which are flat and relatively easy to traverse. The entire gardens are available for your enjoyment. Coffee/beverage service is included. Lunch on you at Olive Garden Tacoma.

Wed Apr 18 9:40am to 3pm \$20

### Shadow Theatre Fireflies, Pantages Theater, Tacoma

Discover the beauty of storytelling through a fusion of shadow, color, shape and music. The Shadow Theatre Fireflies create machines, animals and trees, as well as human characters with their bodies in this breathtaking visual experience. NO LUNCH.

Sun Apr 29 1:45 to 6pm \$50

### Trip Information & Policies

### Nisqually Red Wind Casino, Olympia

Over 1,500 slot machines, craps, blackjack, Spanish 21, roulette, and keno available to play in the smoke-free gaming area and main casino floor. Lunch on your own.

Wed May 2 9am to 3pm \$12

### NW Trek Tram Tour, Eatonville

Enjoy a comfortable 40 minute ride through 435 acres of stunning meadows and forests. Get eye-to-eye with fascinating animals as they explore their natural habitat. Every season offers something new, like baby animals in the spring! Lunch on you at NW Trek

Wed May 9 8:30am to 2pm \$35

### Little Bit Therapeutic Riding Center Tour, Redmond

Observe a riding sessions and tour the facility at Little Bit Therapeutic Riding Center, where it is their mission to improve the bodies, minds, and spirits of children and adults with disabilities through equine-assisted therapies and activities. Lunch on you at BJ's Brewhouse.

Wed May 16 8:45am to 2:30pm \$12

### Bloedel Reserve Tour, Bainbridge Island

Twelve distinct gardens range from a bird marsh teeming with life, to a velvety-soft moss garden, to an award-winning Japanese garden and guest house. Called "one of this country's most original and ambitious gardens," by the New York Times. Tour is 1.5 hours and may be challenging for people with walkers. Lunch on you at Doc's Marina Grill.

Wed May 23 8am to 4pm \$30

### A Day in Fairhaven District, Bellingham

Spend the day walking the streets of historic Fairhaven. Enjoy shopping, dining, and great views of the water! Lunch on your own.

Wed May 30 8am to 5pm \$15

**Trip Fee:** Includes event admission, transportation and escort expenses unless otherwise noted.

**Trip Registration:** Registration is taken on a first paid basis.

**Wait List:** Cancellations are filled *only* from the waiting list!

**The Trip Times reflect the actual departure time and the estimated return time.**

*We advise you check in 15-minutes prior to departure. The bus does not wait for late travelers.*

*We reserve the right to revise departure times and will notify you a minimum of 24 hours in advance—please make certain we have your correct phone number -one that receives messages.*

### Trip Cancellations, Refunds and Credits:

A full credit/refund will be issued if DMAC cancels a trip.

Requests for refunds *or* credit must be received **5 business days prior to the trip date.**

Refunds are subject to a \$20 processing fee.

No refunds will be issued for trips costing \$20 or less, or for trips where the admission fee was purchased in advanced.

Please refrain from using fragrant personal-care products, those with sensitivities appreciate your consideration.

**Special Requirements:** Participants needing special assistance must have a companion, willing and able to provide the required help, also sign up for the trip. Wheelchairs are available to take on trips. Hosts and drivers are *not* available to push wheelchairs.

**Parking:** DMAC is not responsible for cars left in our parking lot.



## Out To Lunch

Out To Lunch-Fridays      Transportation Fee: \$10  
 Enjoy no-host dining at northwest restaurants.  
 Departures: 10-10:45am      Return: 2:00pm

4/13	The Harp Bar & Restaurant, Kent
5/11	Pecos Pit Bar-B-Que, West Seattle



## Spring Golf Outings

Transportation provided, or meet at the course. Players draw to determine playing partners & tee position.

Age 50+      \$10 transportation fee

Depart: 8/8:30am      Return time varies

Monday	Course	Green Fee
April 23	Allenmore, Tacoma	\$17
May 7	High Cedars, Orting	\$18
May 21	Capital City, Lacey	\$18
June 4	Lake Limerek, Shelton	\$18

## Sunday Dances

Dancing stimulates your mind, body and soul! Waltz, Jitterbug, Swing....move to the live music of Randy Litch on our beautiful hard wood floor. Adults of all ages welcome!  
 1-3pm    \$5    DMAC  
 April 22  
 May 27



Don't forget to share your photos with us!

## Spring Horticulture Outings

Explore lush and varied Northwest gardens and nurseries. The \$10 transportation fee does not reflect a no host lunch or garden admission fee.

Depart 9am unless otherwise noted.

Age 50 +      \$10 Transportation fee

Fridays	Destination
April 6 10am	West Seattle Nursery Lunch at Endolyne Joe's.
April 20 8:30am	Flower World, Snohomish Lunch at Maltby Café,
May 4	Woodbrook Native Nursery, Gig Harbor Lunch at Tanglewood Grill.
May 18	Clematis Garden, Seattle Lunch TBA
June 1	Bassetti's Crooked Arbor Garden, Woodinville Pot luck lunch at the garden.



### Weekly Activities

Monday	Wii Games & Sports	10am-1:30 pm
Monday	Hand & Foot Cards	1-4 pm
Tuesday	Wii Games & Sports	10am-1:30 pm
Tuesday	Mexican Train Dominos	1-4 pm
Wednesday	Crafting Corner	9-11:30 am
Wednesday	Cribbage	9-11:30am
Wednesday	Wii Games & Sports	10am-1:30 pm
Wednesday	American Mah Jongg	12:30-3 pm
Friday	Duplicate Bridge**	10am-2:30 pm
Friday	Pinochle	1-4 pm
Friday	Hand & Foot Cards	1-4 pm

**\*\*Pre-registration Required, call 206.878-1642**

### SECOND CHANCE SPRING CLEAN

Clean out your closets for spring and bring your items to our **SECOND CHANCE SPRING CLEAN**!

All donations support the services & programs at  
Des Moines/Normandy Park Senior Activity Center

**DATE:** Weeks of June 4-15

**TIME:** 9am-3:30pm

**WHERE:** DMAC Large classroom

Drop your donated items off at the center the week of May 28th.



**THANK YOU!**

### Get Your Gold Card at the DMAC!!

The Gold Card for Healthy Aging, a senior information and discount card issued by the City of Seattle, is available to Seattle and King County residents age 60 and older. Valuable discounts available to card holders include free entrance to the Seattle Aquarium, reduced admission to Woodland Park Zoo, and a 50% discount on dog and cat licenses and "Golden Pets for Your Golden Years" adoptions at Seattle animal Shelter.

To access information about a variety of services and resources for adults 60 and over in King County call 1-888-4ELDERS



### 2018 SENIOR FARMERS MARKET NUTRITION PROGRAM

Enrollment for the 2018 Senior Farmers Market Nutrition Program will begin **Monday, April 9 - May, 11, 2018**. Applications will be available online beginning April 9 at [www.agingkingcounty.org/SFMNP](http://www.agingkingcounty.org/SFMNP) Senior Farmers Market Nutrition Program provides low-income seniors with \$40 in voucher checks that can be used to purchase fresh produce at approved farmers market locations.

### Medical Lending Self Serve Closet *Making a Difference*

Are you slated for surgery and need Medical Equipment such as a bath bench, walker or commode during rehab?

Check out our *self-service* Medical Lending Closet!

You just might find what you need.

- ♦ Suggested donation requested.
- ♦ Equipment is available for short-term use.
- ♦ Available on a first-come basis.
- ♦ Items are clean when checked out.
- ♦ Items must be returned clean.



*Medical Lending Closet*  
*Des Moines Activity Center*  
*Monday-Friday 9:00am - 3:30pm*

We accept clean equipment donations such as transport wheelchairs, shower & transfer benches and commodes.

### LAW OFFICES OF

### REGEIMBAL, MCDONALD & YOUNG, PLLC

612 S. 227th Street

Des Moines, WA 98198

Phone: 206-212-0220

Fax: 206-408-2022

Website: [desmoineselderlaw.com](http://desmoineselderlaw.com)





**Sea Mar Community Health Centers operate a Nutrition/Socialization program for Latino Seniors 60+.**

Thursdays 9:30am-1:30pm DMAC  
Contact Sea Mar Community Health Centers  
for more information: 206-766-6595



**Vickie Bergquist**

Thank you for  
sponsoring our  
Birthday lunches!!!



**Celebrate Your  
Birthday with us!  
Second Tuesday  
of  
every month.**



### ***Your DMAC's Spring Wish List***

***Hand Lotion Pump-style***

***Hot Cider Packets***

***Hot Cocoa Packets***

***Computer Paper***

***Kleenex***

***Thank You!***



**NEW Suggested  
donation \$4/adults  
age 60+**

Wondering what's cooking?

Download the monthly menu from the city's website:  
[www.desmoineswa.gov/seniors](http://www.desmoineswa.gov/seniors).

**Spring Celebration Walk Tuesday, May 1 11:30am**

We celebrate May Day with 3 distance walks around the center....you choose!

**Mother's Day Monday, May 14 11:45am**

Let us treat you like a rose amongst the thorns.

**Memorial Day Tuesday, May 29 11:45am**

Remembering those we have lost serving our country.



Thank you  
**STAFFORD HEALTHCARE**  
For contributing door prizes

***We Get By With A Little Help From Our Friends...  
And We Thank You All!***

Who keep us well stocked:

Kitchen Supplies: Barbara Cornwall, Bonnie Reister,  
and Kaylene Moon

Building Repairs: Ray Clarke, Michael Barth, and Glen

Building Supplies: Bobbi & David Chamberlain and  
Scott & Rita Eliason

Cupcakes: Trellice Kreshel

MOW Treats & Coffee Mugs: Judson Park Human Good

Birthday Cards: Betty Lyons

**THANK YOU!!**



DES MOINES

ACTIVITY CENTER

2045 S. 216th

PO BOX 98576

DES MOINES, WA 98198

Proud Member of the Washington State Association of Senior Centers



**FREE  
BIRDING  
BASICS  
CLASS**

JOIN NATURALIST KEVIN O'MALLEY, OF  
SOUTH SOUND NATURE SCHOOL,  
ON A WALK TO DISCOVER MIGRATING  
AND LOCAL BIRDS IN NORMANDY PARK

**@ MARINE VIEW PARK  
20945 MARINE VIEW DR SW,  
SATURDAYS, 8-10:30 AM**

MARCH 17th  
APRIL 7th  
APRIL 14th  
APRIL 21st

**CITY OF  
NORMANDY PARK**

RSVP REQUIRED  
Amanda León 206.248.8257  
aleon@normandyparkwa.gov



## Seed Exchange and Gardening Workshop!

THURSDAY, MARCH 29TH,  
5-6:30 PM  
@ NORMANDY PARK REC. CENTER

BRING SEEDS YOU'D LIKE TO EXCHANGE WITH FELLOW GARDENERS AND LEARN ABOUT  
PLANNING YOUR SPRING GARDEN FROM BRIDGET KUBES FROM THE DES MOINES ON-  
THE-GROW LEARNING GARDEN TRUCK



Questions??? Contact Amanda León,  
aleon@normandyparkwa.gov (206)248-8257